



MAKE EVERY MOMENT COUNT

A guide for everyday living

A GUIDE FOR YOU WHEN SUPPORTING ME

This guide is about:

- valuing my life
- valuing what makes me 'ME'
- valuing my yesterday, today and tomorrow.

What you and I can do to make my day, from the moment I wakeup, to the moment I go to sleep.

So... its more than planned activities and organised events. All that's needed is you and me... and our moments together and it costs nothing to do.

5 KEY MESSAGES

Get to know me

It's not just what you do... its how you make me feel

Know what I can do and support me to do it

Help me feel comfortable, safe and secure in my surroundings

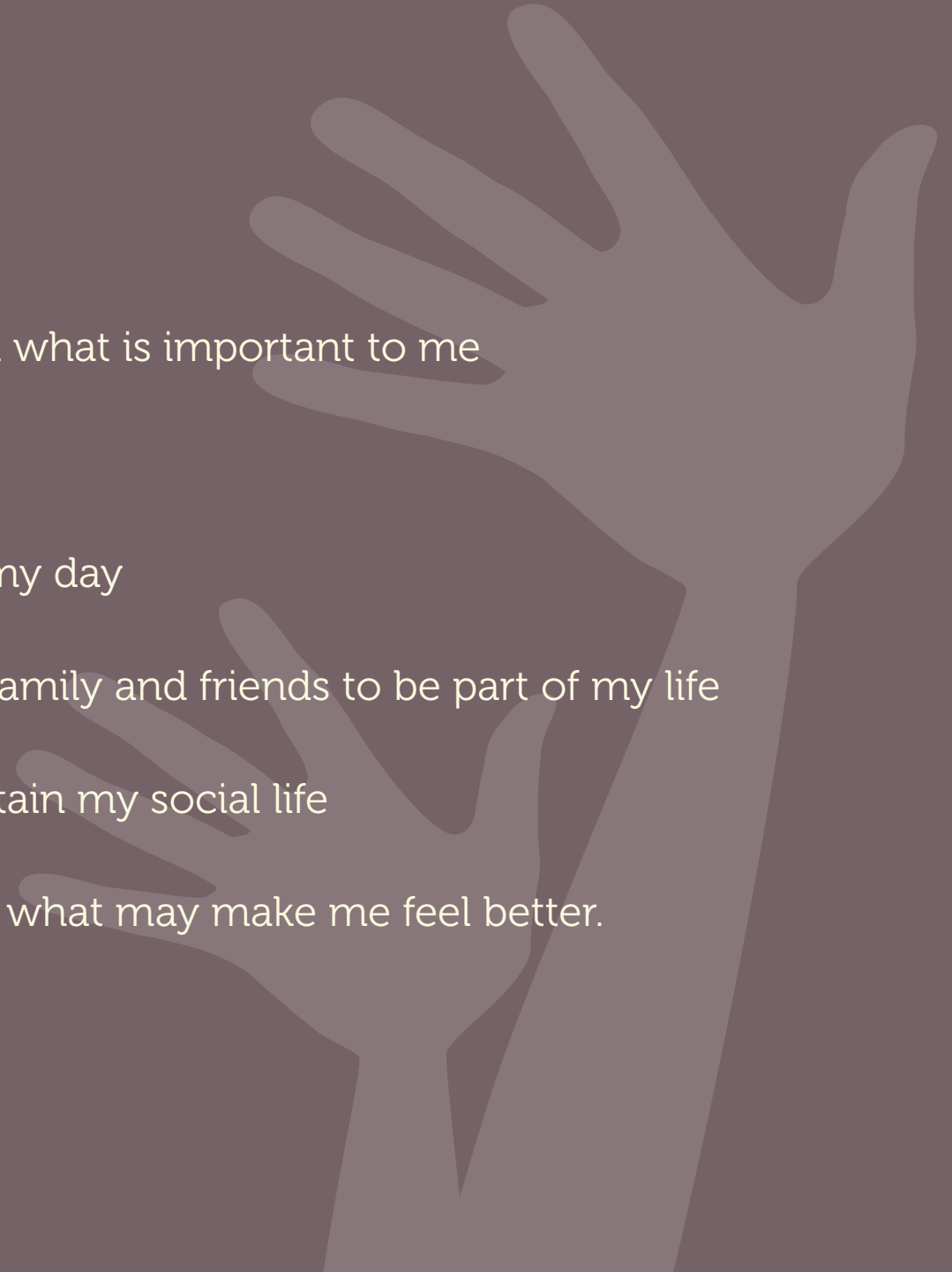
Remember little things all add up

5 KEY MESSAGES

1

Get to know me

- know my likes, dislikes and what is important to me
- know my life story
- know how I like to spend my day
- know how to support my family and friends to be part of my life
- know what I need to maintain my social life
- know what upsets me and what may make me feel better.



2

It's not just what you do... it's how you make me feel

- be kind and compassionate
- be gentle and considerate
- respect my privacy and my feelings
- remember I have rights, the same as you
- listen to me and respond to me
- always explain to me what you are doing and go at my pace
- remember the power of a smile.





3

Know what I can do and support me to do it

- encourage me to be active, physically and socially
- support me to stay as well as I can
- find ways I can succeed in the things I want to do
- support me to be independent... even in the smallest of ways
- do things with me... not just for me... or to me.



**This is everyone's business
and everyone benefits**

4

Help me feel comfortable, safe and secure in my surroundings

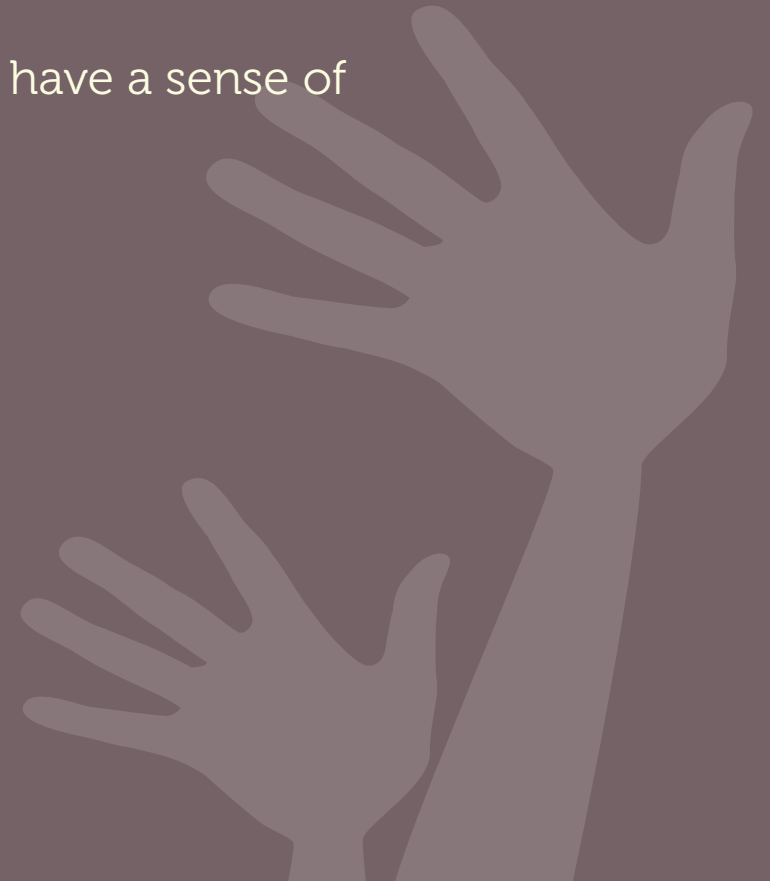
- make it easy for me to find things and find my way around
- remember it is important that I have my personal possessions and treasured belongings around me
- remember the power of the senses to help me understand my environment (sight, hearing, smell, taste and touch)
- support me to enjoy the outdoors.



5

Remember little things all add up

- let's take every opportunity, planned and unplanned, to make my day
- understand the difference you can make to my day
- make sure we capture the moments that count in any records we keep
- when you make a difference to me, you will have a sense of achievement and satisfaction too.



SOME SIGNPOSTS TO USEFUL INFORMATION

scie.org.uk

alzscot.org

careinspectorate.com

scottishcare.org

knowledge.scot.nhs.uk/dementia

dementia.stir.ac.uk

equalityhumanrights.com

faithinolderpeople.org.uk

ageuk.org.uk/scotland/

napa-activities.co.uk/

nmhdu.org.uk/news/lets-respect-toolkit-for-care-homes-published/

dementiarights.org

bupa.co.uk

bhfactive.org.uk/sites/

Active-Ageing-Events/resources.htm

In association with:



Alzheimer Scotland
Action on Dementia



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Occupational
Therapists**



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Government**
Riaghaltas na h-Alba

